

BC MASTERS INDOOR TRACK AND FIELD RECORDS

• Updated December 31, 2020

2020 records (28 + 2 tie) are in BOLD (Approved by BCA Board)

<u>AGE</u>	<u>RECORD</u>	<u>RECORD HOLDER</u>	<u>AGE</u>	<u>DATE</u>	<u>VENUE</u>
60M					
M35	7.20	Brian Carnate	38	06/02/16	Richmond, BC
M40	7.18	Brian Carnate	41	02/02/19	Richmond, BC
M45	7.43	Marvin Johnson	45	30/03/19	Kamloops, BC
M50	7.37	Harold Morioka	50	20/03/93	Bozeman, MT
M55	7.62	Tom Dickson	56	18/01/10	Seattle, WA
M60	7.80	Harold Morioka	60	28/03/03	Boston, MA
M60	7.80	Tom Dickson	60	25/03/14	Budapest, HUN
M65	8.12	Tom Dickson	65	26/01/19	Seattle, WA
M70	8.71	Harold Morioka	70	02/02/13	Richmond, BC
M75	9.17	Tom Ukonmaanaho	75	29/02/20	Kamloops, BC
M80	9.90	Norm Lesage	82	18/02/12	Kamloops, BC
M85	10.68	Norm Lesage	85	07/02/15	Richmond, BC
M90	13.35	Harry Thompson	90	16/02/13	Kamloops, BC
W35	8.43	Natasha Bacchus	37	15/03/15	Toronto, BC
W40	8.61	Georgina Titus	44	21/02/09	Kamloops, BC
W45	8.55	Kim Ross	46	03/03/07	Toronto, ON
W50	9.28	Sunette Lessing	51	09/02/19	Kamloops, BC
W55	9.16	Cindy O'Brien Hugh	57	13/02/16	Kamloops, BC
W60	9.06	Patty Szybunka	61	09/03/19	Edmonton, AB
W65	10.28	Urith Hayley	66	01/04/17	Kamloops, BC
W70	10.41	Christa Bortignon	74	20/03/11	Kamloops, BC
W75	10.04	Christa Bortignon	75	04/04/12	Jyvaskyla, FIN
W80	10.54	Christa Bortignon	80	12/03/17	Toronto, ON
W85	13.70	Olga Kotelko	86	12/03/05	Boise, ID
W90	15.14	Olga Kotelko	91	02/03/10	Kamloops, BC
W95	16.53	Olga Kotelko	95	26/03/14	Budapest, HUN
200M					
M35	24.03	Jimson Lee	35	28/03/99	Boston, MA
M40	23.68	Marvin Johnson	43	11/03/18	Kamloops, BC
M45	23.82	Harold Morioka	47	24/03/90	Madison, WI
M50	23.3	Harold Morioka	50	13/02/93	Moscow, ID
	23.76	Harold Morioka	50	21/03/93	Bozeman, MT
M55	24.94	Harold Morioka	56	28/03/99	Boston, MA
M60	25.09#	Harold Morioka	60	15/02/03	Seattle, WA
	25.98	Tom Dickson	60	28/03/14	Budapest, HUN
M65	28.39#	Herb Gee	65	11/02/06	Seattle, WA
	28.49	Tom Ukonmaanaho	69	16/02/14	Kamloops, BC
M70	29.50	Tom Ukonmaanaho	72	02/04/17	Kamloops, BC
M75	30.72	Tom Ukonmaanaho	75	01/03/20	Kamloops, BC
M80	33.82	Norm Lesage	81	19/03/11	Kamloops, BC
M85	39.76	Norm Lesage	85	15/02/15	Kamloops, BC
M90	48.38	Harry Thompson	90	17/02/13	Kamloops, BC
W35	27.39#	Jeanette Van Den Bulk	35	10/02/13	Seattle, WA
	27.45	Jeanette Van Den Bulk	36	02/03/14	Edmonton, AB
W40	28.28	Marne McMillan	41	27/03/94	Columbia, MO
W45	28.84	Kim Ross	46	03/03/07	Toronto, ON
W50	32.30	Margaret Rhebergen	54	03/03/10	Kamloops, BC
W55	30.84	Cindy O'Brien Hugh	57	14/02/16	Kamloops, BC
W60	30.69	Patty Szybunka	61	10/03/19	Edmonton, AB
W65	33.03	Elaine Whidden	65	01/03/20	Kamloops, BC
W70	35.74	Christa Bortignon	74	06/03/11	Albuquerque, NM
W75	34.53	Christa Bortignon	75	18/03/12	Bloomington, IN
W80	38.16	Christa Bortignon	80	11/03/17	Toronto, ON
W85	52.68	Olga Kotelko	85	11/03/04	Sindelfingen, GER
W90	1:00.72	Olga Kotelko	91	03/03/10	Kamloops, BC
W95	1:14.14	Olga Kotelko	95	28/03/14	Budapest, HUN

400M

M35	53.18	Jimson Lee	35	27/03/99	Boston, MA
M40	53.03	Marvin Johnson	43	10/03/18	Kamloops, BC
M45	51.8 h	Harold Morioka	46	18/02/89	Moscow, ID
	52.42	Harold Morioka	48	23/03/91	Blaine, MN
M50	52.2 h	Harold Morioka	50	13/02/93	Moscow, ID
	52.72	Harold Morioka	52	25/02/95	Reno, NV
M55	54.36	Harold Morioka	56	27/03/99	Boston, MA
M60	54.56#	Harold Morioka	60	15/02/03	Seattle, WA
	55.62	Harold Morioka	60	29/03/03	Boston, MA
M65	1:04.04	Tony Badowski	65	16/02/08	Kamloops, BC
M70	1:09.29	Andy Aadmi	74	06/03/10	Kamloops, BC
M75	1:12.52	Norm Lesage	75	12/03/05	Boise, ID
M80	1:24.83	Norm Lesage	82	18/02/12	Kamloops, BC
M85	1:38.16	Norm Lesage	85	14/02/15	Kamloops, BC
M90	2:03.84	Harry Thompson	90	16/02/13	Kamloops, BC
W35	58.71#	Jeannette Van Den Bulk	36	16/02/14	Seattle, WA
	59.09	Jeannette Van Den Bulk	36	01/03/14	Edmonton, AB
W40	1:02.04	Marne McMillan	40	20/03/93	Bozeman, MT
W45	1:03.56	Erna Kozak	45	23/03/91	Blaine, MN
W50	1:29.50	Julie Valente	52	09/03/19	Edmonton, AB
W55	1:19.04	Cindy O'Brien Hugh	59	10/03/18	Kamloops, BC
W60	1:17.77	Cindy O'Brien Hugh	61	29/02/20	Kamloops, BC
W65	1:22.79	Elaine Whidden	65	09/02/20	Kamloops, BC
W70	1:22.07	Diane Palmason	70	21/02/09	Kamloops, BC
W75	1:25.90	Christa Bortignon	75	18/02/12	Kamloops, BC
W80	1:32.61	Christa Bortignon	80	25/03/17	Daegu, KOR
W85	2:11.47	Lenore Montgomery	85	13/02/16	Kamloops, BC
W90	3:31.50	Olga Kotelko	93	08/04/12	Jyvaskyla, FIN

800M

M35	1:58.41	Mark Knoop	39	04/03/07	Edmonton, AB
M40	1:59.68#	Warren McCulloch	41	08/03/08	Seattle, WA
M45	2:07.68	David Beardsell	47	03/03/10	Kamloops, BC
M50	2:14.29	Mark Pinckard	50	15/03/15	Toronto, ON
M55	2:11.71	Harold Morioka	56	28/03/99	Boston, MA
M60	2:14.42	Harold Morioka	60	30/03/03	Boston, MA
M65	2:47.10	Fred Pawluk	66	16/02/14	Kamloops, BC
M70	2:48.97	Mark Stewart	71	12/03/16	Richmond, BC
M75	2:56.97	Mark Stewart	75	01/03/20	Kamloops, BC
M80	3:43.40	Karl Mey	82	31/03/19	Kamloops, BC
M85	4:10.23	Harry Thompson	87	03/03/10	Kamloops, BC
W90	5:04.61	Harry Thompson	90	17/02/13	Kamloops, BC
W35	2:17.78	Melina Thibodeau	36	02/03/08	Edmonton, AB
W40	2:13.69	Erna Kozak	40	23/02/86	Edmonton, AB
W45	2:25.08	Erna Kozak	45	24/03/91	Blaine, MN
W50	2:37.19	Nicola Everton	51	23/03/17	Daegu, KOR
W55	2:49.80	Maureen de St. Croix	57	19/03/11	Kamloops, BC
W60	3:32.90	Margaret Rhebergen	62	11/03/18	Kamloops, BC
W65	3:44.83	Lynette Baldock	68	15/02/15	Kamloops, BC
W70	3:19.81	Diane Palmason	70	22/02/09	Kamloops, BC
W75	3:45.05	Christa Bortignon	76	22/03/13	Landover, MD
W80	4:12.27	Lenore Montgomery	81	19/02/12	Kamloops, BC
W85	4:52.80	Lenore Montgomery	85	14/02/16	Kamloops, BC
W90	8:49.15	Olga Kotelko	93	03/04/12	Jyvaskyla, FIN

1500M

M35	4:39.84	Jeremy Brown	39	06/02/16	Richmond, BC
M40	4:27.01	Stanley Jang	41	06/03/10	Kamloops, BC
M45	4:20.71	David Beardsell	47	06/03/10	Kamloops, BC
M50	4:46.83	Colin Dignum	51	10/02/18	Kamloops, BC
M55	4:39.78	Paul Reimer	55	06/03/10	Kamloops, BC
M60	5:19.59	Fred Pawluk	62	06/03/10	Kamloops, BC
M60	5:10.57 p	Brent Scott	61	11/03/18	Toronto, ON
M65	5:51.17	Fred Pawluk	66	15/02/14	Kamloops, BC

M70	5:56.34	Mark Stewart	71	13/02/16	Kamloops, BC
M75	6:26.11	Mark Stewart	75	29/02/20	Kamloops, BC
M80	7:41.5	Les Leyland	80	14/03/98	Toronto, ON
M85	8:35.48	Donald Currie	86	29/02/20	Kamloops, BC
M90	10:33.10	Harry Thompson	90	16/02/13	Kamloops, BC
W35	5:17.73	Lisa Brougham	39	06/03/10	Kamloops, BC
W40	4:31.84	Erna Kozak	41	21/02/87	Edmonton, AB
W45	5:02.18	Jeanie Bezdán	45	06/03/10	Kamloops, BC
W50	5:15.89	Juliette Christie	52	14/03/15	Toronto, ON
W55	5:34.61	Maureen de St. Croix	56	06/03/10	Kamloops, BC
W65	7:25.42	Lynette Baldock	68	14/02/15	Kamloops, BC
W70	7:41.91	Barbara Saunders	70	06/03/10	Kamloops, BC
W75	10:28.88	Renate Cheetham	78	13/02/16	Kamloops, BC
W80	8:21.28	Lenore Montgomery	81	19/02/12	Kamloops, BC
W85	9:31.42	Lenore Montgomery	85	13/02/16	Kamloops, BC

MILE

M40	4:26.5 (h)	Barry Adams	41	19/02/83	Portland, OR
M45	4:34.6 (h)	Don Trethewey	46	19/02/83	Portland, OR
M50	5:29.89	Ted de St. Croix	52	23/01/10	Ithaca, NY
W40	5:04.0 (h)	Erna Kozak	41	11/01/87	Seattle, WA
W50	5:10.87	Maureen de St. Croix	52	22/01/05	Ithaca, NY
W55	5:54.68	Maureen de St. Croix	56	23/01/10	Ithaca, NY
W80	12:03.93	Ivy Granstrom	84	30/03/96	Greensboro, NC
W85	13:00.96	Ivy Granstrom	87	27/03/99	Boston, MA

3000M

M35	8:06.76	Graeme Fell	35	13/01/95	Hamilton, ON
M40	9:38.17	Mark Sherman	41	03/03/10	Kamloops, BC
M45	9:45.48	Richard Brewster	45	04/03/10	Kamloops, BC
M50	9:38.90	Bruce Deacon	50	18/02/17	Kamloops, BC
M55	10:08.06	Paul Reimer	56	19/03/11	Kamloops, BC
M60	11:26.96	Jack Miller	60	22/02/09	Kamloops, BC
M65	13:34.72	Kelly Sharp	65	28/02/20	Kamloops, BC
M70	12:43.22	Mark Stewart	71	12/02/16	Kamloops, BC
M75	13:32.90	Mark Stewart	75	28/02/20	Kamloops, BC
M85	20:15.9	Les Leyland	85	08/03/03	Toronto, ON
M90	24:53.52	Harry Thompson	91	16/02/14	Kamloops, BC
W35	16:56.65	Wendy Brown	39	19/03/11	Kamloops, BC
W40	11:59.84	Melanie Clement	41	09/03/18	Kamloops, BC
W45	11:15.30	Juliette Christie	48	19/03/11	Kamloops, BC
W50	11:15.60	Juliette Christie	52	15/03/15	Toronto, ON
W65	15:22.86	Lynette Baldock	69	12/02/16	Kamloops, BC
W70	16:55.83	Lynette Baldock	70	31/03/17	Kamloops, BC
W75	20:58.43	Renate Cheetham	78	12/02/16	Kamloops, BC
W80	17:28.07	Lenore Montgomery	82	17/02/13	Kamloops, BC
W85	19:59.56	Lenore Montgomery	85	12/02/16	Kamloops, BC

60M HURDLES

35-49 (39" @ 9.14m); 50-59 (36" @ 8.5m); 60-69 (33" @ 8.0m);
70-79 (30' @ 7.0m); 80+ (27' @ 7.0m)

M35	8.11	Tim Kroeker	38	05/03/10	Kamloops, BC
M40	10.31	Gary Silvester	41	01/03/10	Kamloops, BC
M45	11.79	Len Van Ryswyk	47	20/03/11	Kamloops, BC
M50	10.13	Jess Brewer	52	28/03/98	Boston, MA
M55	9.83	Warren Hamill	55	23/03/01	Boston, MA
M60	10.73	Reidar Zapf-Gilje	64	12/03/16	Richmond, BC
M65	11.02	Jess Brewer	65	20/03/11	Kamloops, BC
M70	11.94	Jess Brewer	72	03/02/18	Richmond, BC
M75	13.80	Lynn Thompson	77	02/04/17	Kamloops, BC
M80	13.94	Lynn Thompson	80	01/03/20	Kamloops, BC
M85	19.99	Joe Giegerich	85	11/03/18	Kamloops, BC

35-39 (33' @ 8.5m); 40-49 (30" @ 8.0m); 50-59 (30" @ 7m); 60+ (27" @ 7m)

W40	10.51	Jeannette Van Den Bulk	42	08/03/20	Toronto, ON
W45	13.21	Nancy Cochrane	49	03/03/02	Kenosha, WI

W50	10.59	Sunette Lessing	51	31/03/19	Kamloops, BC
W55	12.50	Margaret Rhebergen	58	16/02/14	Kamloops, BC
W60	11.51	Margaret Rhebergen	62	11/03/18	Kamloops, BC
W65	12.89	Urith Hayley	66	02/04/17	Kamloops, BC
W70	14.45	Christa Bortignon	74	04/03/11	Albuquerque, NM
W75	13:39	Christa Bortignon	75	16/03/12	Bloomington, IN

4 x 200M RELAY

M35	1:42.86	Brian Carnate (39), Jay Guzman (42) Luke Wang (44), Marvin Johnson (42)		04/02/17	Richmond, BC
M40	1:43.97	Will Harrower (40), Sam Walker (40) Randy Sheldon (40), Paul Tshinyama (41)		18/02/12	Kamloops, BC
M45	1:47.31	Faraaz Taiyab(45), Randy Sheldon(47) Sam Walker(47), Marvin Johnson(45)		31/03/19	Kamloops, BC
M50	1:57.84	Jess Aujla(54), Steve Law(57) Mark Phillips(54), Rob Smith(51)		31/03/19	Kamloops, BC
M55	1:54.39	Jorge Woods(59), Brent Davy(62) Steve Law(56), David Wall(62)		11/03/18	Kamloops, BC
M60	1:53.37	Bruno Gartner (60), Roy Turkington (61) Ken Crockett (60), Al Percival (61)		03/04/13	Kamloops, BC
M65	1:58.03	Tom Ukonmaanaho (68), John Winfield (66) Harold Morioka (70), Sewa Birring (67)		03/04/13	Kamloops, BC
M70	2:08.88	Mark Stewart (72), John Winfield(70) Francisco Machado(71), Tom Ukonmaanaho(72)		02/04/17	Kamloops, BC
M75	2:19.66	Tom Ukonmaanaho (75), Arthur Gee (76) Surinder Shah (76), Mark Stewart (75)		01/03/20	Kamloops, BC
M80	2:53.88	Larry Chalmers (82), Phil Lefebure (80) Les Robson (84), Norm Lesage (82)		18/02/12	Kamloops, BC
W45	2:18.37	Sharon Evans (47), Julie Valente (51) Cindy O'Brien Hugh(59), Margaret Rhebergen(62)		11/03/18	Kamloops, BC
W55	2:19.31	Denise Bonin (64), Elaine Whidden (65) Sharon Hann (59), Cindy O'Brien Hugh (61)		01/03/20	Kamloops, BC
W60	2:32.45	Dianna Lukacs (60), Betsy Rollins (61) Gabriella Moro (64), Christa Bortignon (74)		19/03/11	Kamloops, BC
W65	2:45.37	Deborah Lee(68), Karen Shook(68) Sheila Allison(73), Urith Hayley(68)		31/03/19	Kamloops, BC
W75	3:28.53	Klazina Noort (79), Lenore Montgomery (81) Ruth Carrier (81), Christa Bortignon (75)		18/02/12	Kamloops, BC
W80	4:15.33	Louise Sorensen (81), Hildegard Buschhaus (81) Olga Kotelko (91), Leona Smith (82)		06/03/10	Kamloops, BC

4 x 400M RELAY

M35	4:12.48	Will Harrower (39), Len Van Ryswyk (47) Charles Oamen (36), Sam Walker (39)		20/03/11	Kamloops, BC
M40	4:30.53	Sam Walker(47), Faraaz Taiyab(45) Marvin Johnson(44), Mark Phillips(54)		10/03/19	Edmonton, AB
M45	5:05.38	Mark Phillips (49), Gordon Flett (54) Harjinder Kang (60), Steve Briggeman (55)		14/02/15	Kamloops, BC
M55	4:48.55	Jorge Woods (57), Steve Briggeman (56) David Dickey (62), Cal Warren (56)		13/02/16	Kamloops, BC
M60	4:13.30	Tony Badowski (65), John Winfield (61) Sewa Birring (62), Harold Morioka (65)		11/03/08	Kamloops, BC
M65	4:46.66	Hardev Sandhu (65), Fred Pawluk (66) Harold Morioka (71), Sewa Birring (68)		15/02/14	Kamloops, BC
M70	5:12.10	Surinder Shah (71), Bill McNamara (73)		14/02/15	Kamloops, BC

Tom Ukonmaanaho(70), Mark Stewart (70)

M75	5:56.45	Tom Ukonmaanaho(75), Arthur Gee(76) Surinder Shah(76), Mark Stewart(75)	29/02/20	Kamloops, BC
W45	6:03.24	Cindy O'Brien Hugh (56), Kathy Friesen (55) Winni MacKay-Smith (73), Nicola Everton (49)	14/02/15	Kamloops, BC
W60	7:20.79	Valerie Scott (60), Deborah Lee (65) Lynette Baldock (69), Renate Cheetham (78)	14/02/16	Kamloops, BC

LONG JUMP

M35	6.27	Dwight Liburd	36	08/03/19	Edmonton, AB
M40	6.10	Scott Foster	40	20/03/11	Kamloops, BC
M45	5.11	Larry Lemoine	45	20/03/11	Kamloops, BC
M50	6.16	Jim Bissenden	51	04/03/10	Kamloops, BC
M55	5.48	John Hawkins	57	03/03/07	Kenosha, WI
M60	5.11	Roy Turkington	60	19/02/12	Kamloops, BC
M65	4.34	Roy Turkington	66	10/03/18	Athlone, IRL
M70	3.55	Hardev Sandhu	70	31/03/19	Kamloops, BC
M75	3.41	Arthur Gee	75	31/03/19	Kamloops, BC
M80	3.27	Gordon Chalmers	80	04/03/10	Kamloops, BC
M85	2.13	Joe Giegerich	85	11/03/18	Kamloops, BC
W35	3.43	Cathy Anastasio	39	20/03/11	Kamloops, BC
W40	4.47	Georgina Titus	44	21/02/09	Kamloops, BC
W45	3.80	Sharon Evans	47	11/03/18	Kamloops, BC
W50	4.70	Sunette Lessing	51	09/02/19	Kamloops, BC
W55	4.24	Miriam Cavani	58	10/03/19	Edmonton, AB
W60	4.14	Cindy O'Brien Hugh	60	10/03/19	Edmonton, AB
W65	3.47	Deborah Lee	68	10/03/19	Edmonton, AB
W70	3.36	Christa Bortignon	74	05/03/11	Albuquerque, NM
W75	3.67	Christa Bortignon	75	06/04/12	Jyvaskyla, FIN
W80	3.28	Christa Bortignon	80	02/04/17	Kamloops, BC
W80	3.28 tie	Christa Bortignon	82	26/03/19	Torun, POL
W85	1.91	Olga Kotelko	85	13/03/04	Sindelfingen, GER
W90	1.70	Olga Kotelko	92	20/03/11	Kamloops, BC
W95	1.57	Olga Kotelko	95	27/03/14	Budapest, HUN

TRIPLE JUMP

M35 new	11.73	p*	Dwight Liburd	37	07/02/20	Kamloops, BC
M35 new	11.20		Dwight Liburd	37	29/02/20	Kamloops, BC
M40	11.71		Byron Jack	42	05/03/10	Kamloops, BC
M45	12.79		Hugh Maguire	46	06/03/10	Kamloops, BC
M50	9.97		Marcel Kosierb	53	19/03/11	Kamloops, BC
M55	10.75		Warren Hamill	55	25/03/01	Boston, MA
M60	9.75		John Hawkins	60	06/03/10	Kamloops, BC
M65	8.32		Jess Brewer	65	19/03/11	Kamloops, BC
M70	8.10		Harneq Toor	71	10/03/18	Kamloops, BC
M75	7.30		Lynn Thompson	76	13/02/16	Kamloops, BC
M80	7.07		Lynn Thompson	80	29/02/20	Kamloops, BC
M85	5.40		Joe Giegerich	85	10/03/18	Kamloops, BC
M90	3.34		Harry Thompson	92	14/02/15	Kamloops, BC
W45	8.58		Sharon Evans	47	10/03/18	Kamloops, BC
W50	8.59		Margaret Rhebergen	54	05/03/10	Kamloops, BC
W55	8.76		Margaret Rhebergen	55	19/03/11	Kamloops, BC
W60	8.56		Patty Szybunka	61	08/03/19	Edmonton, AB
W65	7.59		Deborah Lee	68	30/03/19	Kamloops, BC
W70	7.41		Christa Bortignon	74	06/03/11	Albuquerque, NM
	7.41		Christa Bortignon	74	19/03/11	Kamloops, BC
W75	7.75		Christa Bortignon	76	24/03/13	Landover, MD
W80	7.42		Christa Bortignon	80	01/04/17	Kamloops, BC
W85	4.06		Olga Kotelko	88	15/02/08	Kamloops, BC
W90	4.14		Olga Kotelko	91	05/03/10	Kamloops, BC
W95	3.68		Olga Kotelko	95	29/03/14	Budapest, HUN

HIGH JUMP

M35 new	1.60	Jonathan Sawatzky	39	29/02/20	Kamloops, BC
M40	1.85	John Hawkins	40	12/03/90	Toronto, ON
M45	1.82	John Hawkins	47	02/03/97	Birmingham, GBR
M50	1.74	John Hawkins	54	06/03/04	Kenosha, WI
M55	1.71	John Hawkins	55	05/03/05	Kenosha, WI
M60	1.65	John Hawkins	60	06/03/10	Kamloops, BC
M65	1.45	John Hawkins	66	13/02/16	Kamloops, BC
M70	1.38	Heinz Peter	70	10/03/19	Edmonton, AB
M75	1.17	Danny Daniels	77	16/03/06	Linz, AUS
M80	1.05	Danny Daniels	81	02/03/10	Kamloops, BC
M80	1.05 tie	Karl Mey	83	08/02/20	Kamloops, BC
M85	0.98	Joe Giegerich	85	11/03/18	Kamloops, BC
W40	1.72	Debbie Brill	41	25/02/95	Reno, NV
W45	1.65	Debbie Brill	48	20r3/03/02	Edmonton, AB
W50	1.50	Jeannie Cockcroft	52	03/02/18	Richmond, BC
W50	1.50 tie	Sunette Lessing	51	31/03/19	Kamloops, BC
W50	1.50 tie	Sunette Lessing	52	29/02/20	Kamloops, BC
W55	1.46	Monica Pomietlarz	59	10/03/18	Kamloops, BC
W60	1.40	Monica Pomietlarz	61	29/02/20	Kamloops, BC
W65	1.15	Deborah Lee	65	13/02/16	Kamloops, BC
W70	1.15	Sandy Anderson	71	20/03/11	Kamloops, BC
W75	1.12	Christa Bortignon	75	03/04/12	Jyvaskyla, FIN
W80	0.85	Olga Kotelko	82	04/03/01	Edmonton, AB
W85	0.89	Olga Kotelko	85	14/03/04	Sindelfingen, GER
W90	0.77	Olga Kotelko	93	16/02/13	Kamloops, BC
W95	0.78	Olga Kotelko	95	26/03/14	Budapest, HUN

POLE VAULT

M35	4.33	Owen Clements	39	15/04/05	Victoria, BC
M40	4.42	Roger Ruth	44	23/02/72	Seattle, WA
M45	4.42	Roger Ruth	45	18/02/73	Seattle, WA
M50	4.11	Roger Ruth	50	22/01/78	Victoria, BC
M55	3.80	Warren Hamill	59	17/03/05	Victoria, BC
M60	3.40	Warren Hamill	62	06/03/08	Victoria, BC
M65	2.75	Gerard Dumas	68	11/03/03	Victoria, BC
M70	2.75	Gerard Dumas	70	17/03/05	Victoria, BC
M75	2.30	Tom Ukonmaanaho	75	28/02/20	Kamloops, BC
M80	2.12	Gerard Dumas	80	26/03/15	Victoria, BC
M85	1.50	Joe Giegerich	85	09/03/18	Kamloops, BC
W45	2.75	Nancy Craig	49	07/02/15	Richmond, BC
W55	1.90	Margaret Rhebergen	57	15/02/13	Kamloops, BC
W60	2.00	Margaret Rhebergen	62	09/03/18	Kamloops, BC
W80	0.85	Olga Kotelko	82	03/03/01	Edmonton, AB

SHOT PUT

		M35-49 (16 lb); M50-59 (6kg); M60-69 (5kg); M70-79 (4kg); 80+ (3kg)			
M35	12.57	John Saari	37	19/03/11	Kamloops, BC
M40	11.60	Phillip Vannini	43	03/02/18	Richmond, BC
M45	12.42	Shane Wiebe	48	09/03/18	Kamloops, BC
M50	11.85	Pavitar Dosanjh	50	19/03/11	Kamloops, BC
M55	12.93	John Hawkins	56	04/03/06	Kenosha, WI
M60	13.07	John Hawkins	60	02/03/10	Kamloops, BC
M65	11.88	Marek Glowacki	69	03/03/10	Kamloops, BC
M70	13.74	Marek Glowacki	73	29/03/14	Budapest, HUN
M75	11.76	Marek Glowacki	77	03/03/18	Edmonton, AB
M80	11.45	Rainer Sillantaus	80	03/03/10	Kamloops, BC
M85	6.47	Joe Giegerich	85	11/03/18	Kamloops, BC
M85	9.42	Bruce Butcher	85	28/02/20	Kamloops, BC
M90	5.47	William Falconer	91	19/02/12	Kamloops, BC
		W35-49 (4kg); W50-74 (3kg); W75+ (2kg from May 01, 2010)			
W35	11.25	Pina Russo	35	03/03/10	Kamloops, BC
W40	9.27	Verena Stroda	43	16/02/14	Kamloops, BC
W45	9.90	Carolyn Boomer	47	19/03/11	Kamloops, BC
W50	10.76	Carolyn Boomer	50	16/02/14	Kamloops, BC

W55	10.18	Monica Pomietlarz	58	18/02/17	Kamloops, BC
W60	10.20	Monica Pomietlarz	61	28/02/20	Kamloops, BC
W65	8.66	Gabriella Moro	69	12/02/16	Kamloops, BC
W70	7.33	Marilyn Benz	70	28/02/20	Kamloops, BC
W75	7.92	Myrtle Acton	79	19/02/12	Kamloops, BC
W80	7.29	Gerda Crosthwaite	80	28/02/20	Kamloops, BC
W85	5.81	3kg Olga Kotelko	85	11/03/04	Sindelfingen, GER
W90	5.74	Olga Kotelko	92	19/03/11	Kamloops, BC
W95	4.73	Olga Kotelko	95	27/03/14	Budapest, HUN

WEIGHT THROW M35-49 (35 lb); M50-59 (25 lb); M60-69 (20 lb); M70-79 (16 lb); M80+ (12 lb)

M35	12.34	John Saari	37	18/02/11	Kamloops, BC
M40	15.36	Glenn McAtee	43	23/03/16	Columbia, SC
M45	11.57	Shane Wiebe	48	09/03/18	Kamloops, BC
M50	13.24	Andrew Arthur	54	23/12/16	Snohomish, WA
M55	15.70	Mike Duffala	55	20/03/11	Kamloops, BC
M60	15.55	Dave McDonald	61	12/02/16	Kamloops, BC
M65	13.47	Harnek Toor	69	12/02/16	Kamloops, BC
M70	15.81	Harnek Toor	73	28/02/20	Kamloops, BC
M75	13.29	Marek Glowacki	77	04/03/18	Edmonton, AB
M80	10.82	Gordon Chalmers	81	20/03/11	Kamloops, BC
M90	7.02	William Falconer	90	18/02/11	Kamloops, BC

W35-49 (20 lb); W50-59 (16 lb); W60-74 (12 lb); W75+ (4kg from May 01, 2010)

W35	8.52	Tatiana Little	39	05/03/10	Kamloops, BC
W40	9.28	Tatiana Little	40	18/02/11	Kamloops, BC
W45	6.25	Susan Endersby	49	17/02/12	Kamloops, BC
W50	11.58	Denise Clements	53	14/02/14	Kamloops, BC
W55	7.16	Laurel Hunt	57	20/03/11	Kamloops, BC
W60	11.28	Rose Hare	62	20/03/11	Kamloops, BC
W65	10.93	Cheryl Closkey	67	12/02/16	Kamloops, BC
W70	10.44	Cheryl Closkey	71	08/03/19	Edmonton, AB
W75	9.52	4kg Myrtle Acton	79	17/02/12	Kamloops, BC
W80	7.06	12 lb Olga Kotelko	84	28/03/03	Saskatoon, SK
W85	7.56	12 lb Olga Kotelko	85	10/03/04	Sindelfingen, GER
W90	7.51	4kg Olga Kotelko	92	20/03/11	Kamloops, BC
W95	6.97	Olga Kotelko	95	30/03/14	Budapest, HUN

SUPER WEIGHT M35-69 (56#); M70-79 (35#); M80+ (25#)

M50	6.69	Andrew Arthur	53	27/12/15	Snohomish, WA
M70	3.86	56lb Walter Jenkins	72	21/03/93	Bozeman, MT

**PENTATHLON MEN: (60M Hurdles, Long Jump, Shot Put, High Jump, 1000M)
(Scores recalculated using 2014 tables)**

M35	1777	James O'Kane	35	19/03/11	Kamloops, BC (DNF/0, 5.13/439, 9.70/489, 1.69/569, 3:48.43/280)
M40	2737	Gary Silvester	41	01/03/10	Kamloops, BC (10.31/587, 5.30/537, 10.37/579, 1.57/496, 3:22.95/538)
M50	2561	Gary Silvester	51	01/03/20	Kamloops, BC (11.17/547, 4.51/490, 11.21/675, 1.43/512, 4:09.59/337)
M55	3955	Warren Hamill	55	23/03/01	Boston, MA (9.83/881, 5.37/823, 11.26/747, 1.66/831, 3:34.10/673)
M60	3934	John Hawkins	60	02/03/10	Kamloops, BC (10.78/752, 4.85/771, 13.07/870, 1.64/925, 3:52.15/616)
M65	2720	Barry Adams	67	02/03/10	Kamloops, BC (14.05/343, 3.71/508, 8.77/602, 1.14/449, 3:38.24/818)
M70	2341	Sven Donaldson	70	01/03/20	Kamloops, BC (13.73/433, 3.13/411, 7.76/481, 1.25/670, 5:05.48/346)
M75	2669	Danny Daniels	77	16/03/06	Linz, AUT (13.93/502, 3.24/550, 8.27/580, 1.17/679, 5:27.36/358)
M80	2375	Danny Daniels	81	02/03/10	Kamloops, BC (14.52/556, 2.70/453, 7.87/597, 1.05/636, 7:04.80/133)

M85 1883 Joe Giegerich 85 11/03/18 Kamloops, BC
(19.99/185, 2.13/328, 6.47/540, 0.98/661, 7:56.61/169)

WOMEN: (60M Hurdles, High Jump, Shot Put, Long Jump, 800M)

W40 2101 Olesea Chitul 43 10/03/19 Edmonton, AB
(12.56/476, 1.16/389, 7.53/422, 3.92/391, 3:02.42/423)

W45 2279 * Nancy Cochrane 49 22/03/02 Boston, MA
(individual events missing)

W50 3781 Sunette Lessing 51 31/03/19 Kamloops, BC
(10.59/883, 1.50/1016, 9.19/633, 4.57/765, 3:12.97/484)

W60 3425 Margaret Rhebergen 62 11/03/18 Kamloops, BC
(11.51/885, 1.29/941, 6.15/479, 3.64/626, 3:32.90/494)

W65 2436 Urith Hayley 67 10/03/19 Edmonton, AB
(13.42/684, 1.07/701, 5.83/508, 2.77/379, 4:40.09/164)

W70 3379 Christa Bortignon 74 04/03/11 Albuquerque, NM
(14.45/641, 1.09/879, 5.98/601, 3.19/671, 3:55.13/587)

W75 4494 Christa Bortignon 75 16/03/12 Bloomington, IN
(13.39/904, 1.06/991, 7.62/791, 3.39/953, 3:47.46/855)

W90 2326 Olga Kotelko 93 03/04/12 Jyvaskyla, FIN
(DNF/0, 0.61/523, 4.91/783, 1.42/464, 8:49.15/556)

HEPTATHLON MEN: (60M, Long Jump, Shot Put, High Jump & 60M Hurdles, Pole Vault, 1000M)

M50 4472 John Hawkins 52 02-03/03/02 Kenosha, WI
(8.51/665, 5.07/635, 11.26/679, 1.68/758 & 11.66/466, 3.60/734, 3:41.39/535)

M55 5326 John Hawkins 56 04-05/03/06 Kenosha, WI
(8.55/732, 5.30/802, 12.93/877, 1.71/887, & 11.25/615, 3.70/871, 3:50.87/542)

M60 4929 John Hawkins 60 30-31/01/10 Kenosha, WI
(9.01/687, 5.04/835, 11.98/787, 1.49/749, 11.25/668, 3.00/693, 4:06.90/510)

WOMEN: (60M, Long Jump, Shot Put, High Jump & 60M Hurdles, Pole Vault, 800M)

W45 2553 Nancy Cochrane 49 02-03/02/02 Kenosha, WI
(10.31/449, 3.43/315, 5.80/330, 1.27/588 & 13.21/405, 1.45/152, 3:23.54/314)

* Multi-event scores using 2002 tables

** Multi-events with the 60m and not the 60m hurdles

Oversize track

p* Requires completed record form

INDOOR RACE WALK RECORDS

1500M RACEWALK

M35	6:38.25	Dmitry Babenko	38	19/03/11	Kamloops, BC
M40	6:15.06	Dmitry Babenko	44	04/02/17	Richmond, BC
M45	6:25.58	Dmitry Babenko	45	10/03/18	Kamloops, BC
M50	12:34.01	Jeff Byington	53	01/04/17	Kamloops, BC
M65	10:28.94	Harnek Toor	66	16/02/13	Kamloops, BC
M70	10:17.25	Jim Dyer	73	13/02/16	Kamloops, BC
M80	10:44.45	Don Currie	81	14/02/15	Kamloops, BC
M90	19:20.25	Harry Thompson	92	14/02/15	Kamloops, BC
W40	7:19.70	Nardene Hammond	41	15/02/14	Kamloops, BC
W45	9:51.58	Rachel Fouladi	47	14/02/15	Kamloops, BC
W50	13:40.63	Lori Graham	54	16/02/13	Kamloops, BC
W55	11:25.51	Lori Graham	58	01/04/17	Kamloops, BC
W60	9:40.05	Suzanne Sharp	64	10/03/18	Kamloops, BC
W65	9:51.88	Suzanne Sharp	65	30/03/19	Kamloops, BC
W75	12:26.83	Renate Cheetham	79	01/04/17	Kamloops, BC
W80	12:00.19	Ruth Carrier	80	19/03/11	Kamloops, BC

3000M RACEWALK

M35	13:59.38	Dmitry Babenko	38	20/03/11	Kamloops, BC
M40	13:06.63	Dmitry Babenko	43	12/02/16	Kamloops, BC
M45	13:16.20	Dmitry Babenko	45	09/03/18	Kamloops, BC
M55	15:42.36	Gerald Dragomir	58	03/03/10	Kamloops, BC
M65	21:03.44	Anthony Haas	66	03/03/10	Kamloops, BC
M70	20:33.21	Jim Dyer	73	12/02/16	Kamloops, BC
M75	23:28.01	Jim Dyer	75	09/03/18	Kamloops, BC
M80	21:31.36	Don Currie	81	13/02/15	Kamloops, BC
W35	19:20.33	Paola Rodriguez-Ruah	36	03/03/10	Kamloops, BC
W40	15:34.52	Nardene Hammond	41	14/02/14	Kamloops, BC
W45	20:24.82	Rachel Fouladi	47	13/02/15	Kamloops, BC
W50	19:09.24	Linda Keatley-Campbell	53	03/03/10	Kamloops, BC
W55	18:37.55	Joanne Turner	57	03/03/10	Kamloops, BC
W60	20:04.33	Suzanne Sharp	64	09/03/18	Kamloops, BC
W65	19:59.72	Suzanne Sharp	66	28/02/20	Kamloops, BC
W75	25:04.56	Ruth Carrier	79	03/03/10	Kamloops, BC
W80	25:27.78	Renate Cheetham	81	29/03/19	Kamloops, BC

NOTE: BC "NOTABLE PERFORMANCES" (No BC records kept for **INDOOR 50M** events)

50M

M35	6.10	Harold Morioka	35		Montreal, QC	
M60	7.19	Al Percival	63	14/03/15	Toronto, ON	CR
M65	7.54	Roy Turkington	65	11/03/17	Toronto, ON	
W35	7.34	Natasha Bacchus	37	14/03/15	Toronto, ON	
W60	9.07	Deborah Lee	64	14/03/15	Toronto, ON	
W65	8.87	Deborah Lee	65	19/03/16	Toronto, ON	
W75	8.64	Christa Bortignon	78	14/03/15	Toronto, ON	CR
W80	9.03	Christa Bortignon	80	11/03/17	Toronto, ON	CR

50M HURDLES

M60	9.91	David Dickey	62	20/03/16	Toronto, ON	
W45	13.42	Rachel Fouladi	48	20/03/16	Toronto, ON	CR
W60	11.14	Deborah Lee	64	15/03/15	Toronto, ON	
W65	11.11	Deborah Lee	65	20/03/16	Toronto, ON	CR
W75	11.52	Christa Bortignon	78	15/03/15	Toronto, ON	CR